

## **Get Your Personal Health Record**

Personal Health Record (PHR) is available to registered state and school members by logging into the ARBenefits website at [www.arbenefits.org](http://www.arbenefits.org) and selecting Access Your Personnel Health Record from your home page. You must register on the Personal Health Record web site the first time you link to it to utilize this function.

On your Personal Health Record non-claims data — such as medical, family and social history and medication (prescription and over-the-counter) information may be entered on yourself and your dependents age 18 and under. Dependents above age 18 will have their own PHR, and must register to view their PHR.

You may print your PHR information and take to your appointments or you may give your physician access to see certain information. Your PHR will automatically be updated with claims information as claims are processed by your medical vendor. Some information that may exist in your claim records will not automatically be available to your physician.

In order to ensure your privacy, information considered highly sensitive may only be viewed by you, unless you choose to make this information available to providers who have access to your Personal Health Record.

Highly-sensitive categories of personal health information include:

- Substance abuse treatment and services
- Information regarding HIV status, testing, diagnosis or treatment
- Information regarding mental health status, counseling or treatment
- Any treatment or service relating to sexual abuse, rape, abortion or sexually transmitted diseases

Finally, it is important that you and your health-care provider understand that because the PHR is an electronically maintained computer record, which is subject to problems commonly associated with electronic systems, there is a remote chance that the PHR may not be immediately accessible.